

BERRIES

Did you know?

- Berries are small, round, juicy, sweet or sour, bright-coloured fruits.
- Berries are considered number one in antioxidant health benefits compared to more than 40 fresh fruits and vegetables.
- A few examples of berries include strawberries, raspberries, blueberries, blackberries, gooseberries, currants, kiwifruit and passionfruit.
- Raspberries and blackberries are aggregate fruits. Meaning that it's not one big fruit; instead, there are dozens of tiny fruits growing together. These tiny fruits, or bumps, are called drupelets.
- The number of drupelets that make up the berry indicates the number of times a bee has landed on the flower to pollinate it.
- Berries are eaten around the globe and often used in jams, preserves, cakes, or pies.

SEPTEMBER - 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

